

News Briefs

New contact numbers

The Commercial Travel Office contact converted to Winggate Travel Sunday. The new telephone numbers are: commercial, (662) 434-0225 and commercial fax, (662) 434-0281.

Information Assurance 2006

The new Air Force Information Assurance Awareness 2006 is now available at the AF Portal main page in the lower left-hand corner under Top Viewed Items. This is mandatory annual training.

COSC party

The Columbus Officers' Spouses' Club's Pajama Party Bunco is Tuesday at 6 p.m. at the Columbus Club. Chicken fajitas will be served at \$11 per person. Columbus Club members receive a \$2.00 discount. RSVP by e-mailing Jennifer Wood at woodtjig@cablone.net or calling her at 425-6059. Non-attended reservations will still be charged.

Relay for life

The American Cancer Society Lowndes County Relay For Life Kick Off is at the Outpatient Pavilion Baptist Hospital Tuesday at 6 p.m. For more information, contact Pam Brownlee at (662) 241-7180.

VA Benefits

A seminar on veterans' benefits and entitlements is at the Phillips Auditorium at 10:30 a.m. Thursday..

Inside



FEATURE 9  
Deployed troops take extraordinary care of fellow servicemembers

On the ‘Daily Grind’



Airman Alyssa Wallace  
Jill Reynen, a worker at the fitness center's coffee shop The Daily Grind, prepares a drink for one acustomers at the shop's grand opening Wednesday. The Daily Grind is open from 6 a.m. to 6 p.m. Monday through Friday.

Tax help available to CAFB personnel

Marti Myers-Garver  
14th Flying Training Wing

Free tax help is available to all military personnel as well as free service to Columbus AFB civil serv-ice, contractors and employees.

The military is one of the Internal Revenue Service's strongest partners in the Volunteer Income Tax Assistance program. The Armed Forces Tax Council

consists of the tax program coordi-nators for the Army, Air Force, Navy, Marine Corps, and Coast Guard. The AFTC oversees the operation of the military tax pro-grams worldwide, and serves as the main conduit for outreach by the IRS to military personnel and their families.

Marines, airmen, soldiers, sailors, guardsmen and their families worldwide get tax preparation help

at offices within their installations. These VITA sites provide free tax advice, tax preparation and assis-tance to military members and their families. They are trained and equipped to address military specif-ic tax issues, such as combat zone tax benefits and it's effect Earned Income Tax Credit Guidelines. The military tax programs generated

See **TAX** , Page 4

Free play at paintball grand opening

Airman Alyssa Wallace  
14th Flying Training Wing

Ages 14 and older are invited to the Columbus AFB paint-ball field free grand opening at 10 a.m. Saturday.

Play is scheduled to begin at 11 a.m. after the official rib-bon cutting by 14th Flying Training Wing commander Col. Stephen Wilson, paintball registration and a safety briefing.

Ages 14 to 17 will be allowed to play with a consent waiv-er signed by a parent or guardian. All participants will be provided equipment, and divided into teams to play three games.

Each team will be given about 15 minutes to set up a tact-ful strategy before playing starting each game, said Joe Caldiero, the base outdoor recreation director.

Each game will have a 200-count paintball limit and a 15-minute time limit. Referees will be provided.

Although ages 10 to 13 will not be allowed to participate in Saturday's activities, they will be allowed to use the facil-ity under adult supervision with consent waiver signed by a parent or guardian. One adult will be permitted to chaper-one up to six children.

There are three different areas for play – an express paint-ball course, a wooded paintball course and a fort speedball course for standard or tactical speedball.

More than five different games can be played on the courses, such as capture the flag, the mercenary game, blis-ter ball and speedball.

The decision to have a paintball program on base came after the success of a team building exercise with the wing commander and squadron commanders, Mr. Caldiero said.

"This is a great team building exercise," Mr. Caldiero said. "It promotes good sportsmanship."

Normal winter hours for the paintball facility are Saturday and Sunday from 11 a.m. to 4:30 p.m. The course will be open to all eligible players until 2 p.m. The course will be reserved for organizations after 2 p.m.

Anyone wanting to use their own equipment must pay a \$5 range fee.

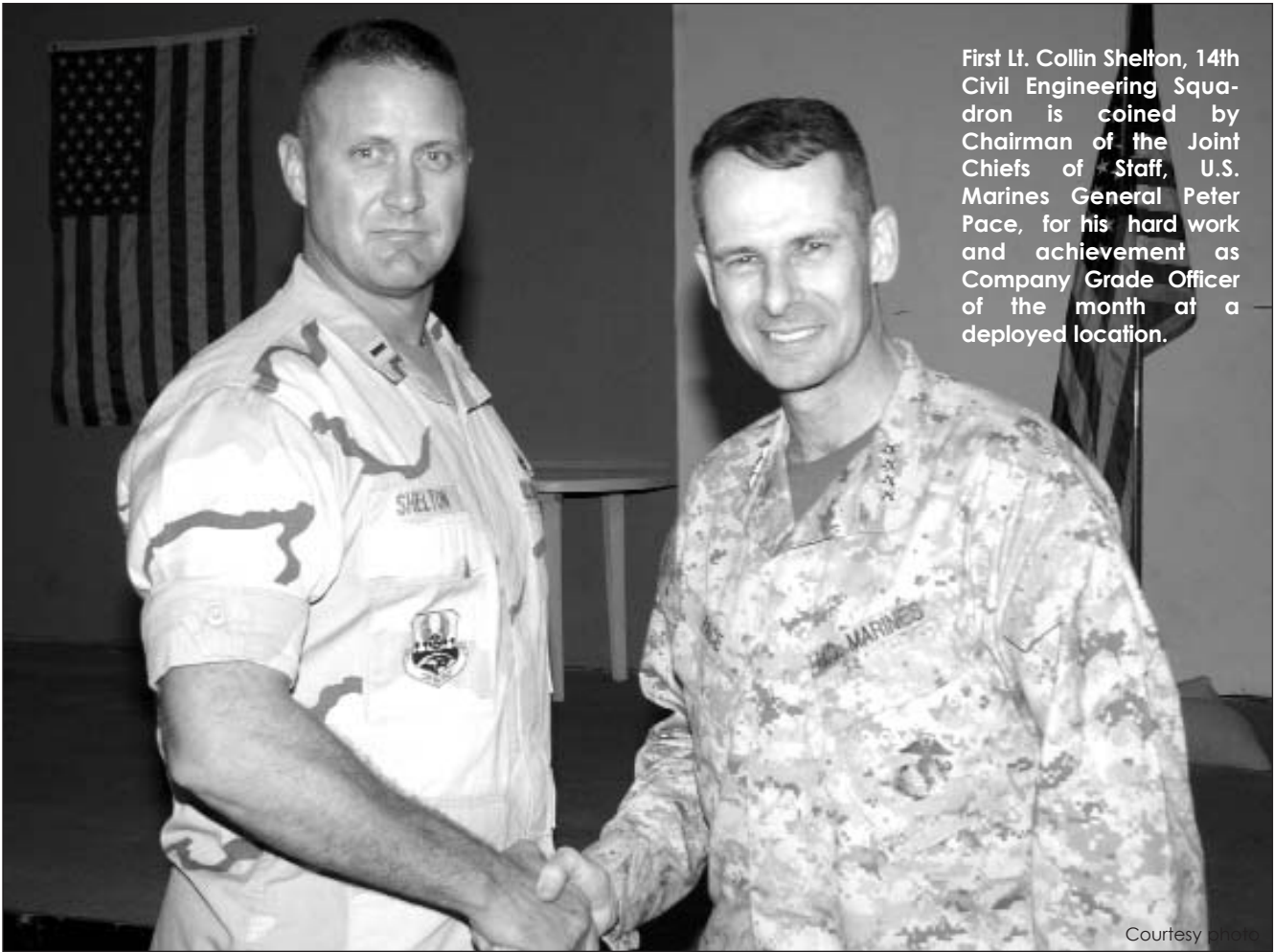
All paint guns must be chronographed on base before play. All paintballs must be purchased on base to prevent foul play; paintballs will not be sold by the case. Cost \$3 per hundred or \$5 per two-hundred.

Individual rental packs cost \$20 and include range fee, marker, mask, body armor, carbon dioxide and 200 paint-balls. Party rentals are available for 10 or more at \$15 per person.

The paintball course is located on East Perimeter Road at the site of the old dog kennels. Street signs will be posted with directions to the course.

For more information, call Mr. Caldiero at Ext. 2507.

Warrior of the week



First Lt. Collin Shelton, 14th Civil Engineering Squa-dron is coined by Chairman of the Joint Chiefs of Staff, U.S. Marines General Peter Pace, for his hard work and achievement as Company Grade Officer of the month at a deployed location.

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.



# Airmen ‘drop the ball’ on New Year’s Eve

**Capt. Eric Badger**  
379th Air Expeditionary Wing

**SOUTHWEST ASIA** — With inspiration from New York — the city that never sleeps — Airmen at this desert base that never sleeps got to drop the ball this New Year’s Eve.

In less than 72 hours, some 379th Expeditionary Civil Engineer Squadron members constructed a New Year’s Eve Ball like the one dropped at New York’s Times Square every year.

“We’ve got New York beaten — hands down,” said electrician Staff Sgt. Jacob Phillips, the New Year’s Eve Ball project officer.

New York’s ball is six feet in diameter. The one he helped build has a 12-foot diameter. The “Big Apple’s” ball weighs 1,042 pounds, versus the ton the desert ball weighs. But the New York ball has more lights — 696 to 417.

“Two out of three isn’t bad,” Staff Sergeant Phillips said.

Similar to the Times Square tradition, which dates to 1907, the squadron suspended the ball about 100 feet in the air and slowly lowered it from a crane on New Year’s Eve as the audience counted down the seconds until 2006.

When the last second ticked away, about 230 volts of electricity helped illuminate the 417 lights.

Sergeant Phillips said the flamboyant ball had humble beginnings.

“It was made out of an unused sewage tank,” he said. “The tank was ordered by our plumbing folks and was too big for what the shop needed it for. So they gave it to us and we sculpted it into (the ball),” he said. “This is the first time the base has ever done anything like this, so it’s

really exciting to be a part of it.”

The civil engineers built legs for the ball and transported it by flat-bed truck from their compound to the base’s Memorial Plaza where the New Year’s Eve celebration took place.

“The entire squadron pitched in to help out on this project,” said electrician Senior Airman Joseph McGee. “From the electrical shop to plumbing, HVAC (Heating, Ventilation and Air Conditioning) and structures, each shop contributed big time to make this a memorable New Year for everyone.”

There were skeptics, Sergeant Phillips said.

“When we came to our supervisors with the idea, they thought it was great but they didn’t think it could be done,” he said. “That gave us even more determination to do it. I said, ‘That’s okay, we’ll show them.’”

The unique project was, indeed, a test in creativity, said structures troop Airman 1st Class Ian Sthole.

“This is something brand new for us — so we loved the challenge,” he said. “The hardest part was getting all the material together. But, the hard work definitely paid off. What we’ve created will probably be used for years.”

There was great camaraderie among the shops, electrician Staff Sgt. Jeremy Snowden said.

“It sure was fun to watch the finished product,” he said. “But what I found to be the most fun was working on this project with all of the other CE shops.

“We’re almost at the end of our rotation, and this was the first time the entire squadron worked sideby side on a single project,” he said. “The teamwork was amazing.”



Tech. Sgt. Sarah Webb

**Airmen of the 379th Expeditionary Civil Engineering Squadron install 417 lights into the New Year’s Eve Ball they built. It was suspended approximately 100 feet in the air and lowered from a crane as the crowd counted down the seconds until 2006. The squadron’s version of the Times Square tradition is larger and heavier than the New York version.**

## New year, new faces



Airman 1st Class Cecilia Rodriguez

**The 14th Flying Training Wing congratulates the most recent graduates of the First Term Airmen’s Center. Pictured are (from back row left to right): Class leader Airman 1st Class Jason Aiello, 14th Operations Support Squadron; Airman 1st Class Desmond Boyd, 14th Mission Support Squadron; Airman 1st Class Christopher Jenkins, 14th Contracting Squadron. Front Row: Airman Heather Krieger 14th Services Division; Airman 1st Class Zachery Patton, 14th Security Forces Squadron; Tech. Sgt. Brian Bailey, FTAC instructor.**

## Single-parent military personnel may notice slight change in BAH

**Donna Miles**  
American Forces Press Service

WASHINGTON — About 30,000 single servicemembers who live off base and pay child support are likely to see a slight change in their military pay -- an increase for some and cut for others — beginning this month.

The rules regarding the basic allowance for housing differential -- an allotment for single members who pay child support — changed Saturday,

Tim Fowlkes, the Pentagon’s assistant director of military compensation, told the American Forces Press Service.

The change is one of the last parts of a seven-year phase-in of the basic allowance for housing that began in 1998, he explained. The BAH system replaced the old variable housing allowance system.

Under both the old law and the transition policies that have been in effect to implement BAH, single members

who pay child support get a BAH differential.

After the change, however, only members who live in government quarters and pay child support will continue to receive the BAH differential, Fowlkes said.

Members who live off base and pay child support will receive BAH at the “with dependents” rate.

Previously, they received BAH at the “without dependents” rate, plus the BAH differential.

This “with dependents” BAH rate varies widely based on pay grade and location, Mr. Fowlkes said, so some affected service members will notice a slight increase in their pay and some, a slight decrease.

Those living in low-cost housing markets are the most likely to notice a dip, he said.

### TAX

(Continued from Page 1)

over 392,000 electronic 2003 federal income tax returns.

Commanders support the program by detailing service members to prepare returns and by providing space and equipment for tax centers. The IRS supports these efforts by providing tax software and by training service members to prepare taxes at the military sites.

Most CAFB Tax Center customers file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week.

Items you need to bring to the Columbus AFB VITA Tax Center to have your tax returns prepared include:

- \* Must bring photo identification
- \* Social Security Cards for you, your spouse and dependents
- \* Birth Dates for primary, secondary and dependents on the tax return
- \* Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
- \* Interest and dividend statements from banks (Forms 1099)
- \* A copy of last year’s Federal and State returns if available
- \* Bank Routing Numbers and Account Numbers for Direct Deposit
- \* Other relevant information about income and expenses
- \* Total Paid for Day Care
- \* Day Care providers Identifying number

\* To file taxes electronically on a married filing joint tax return, both spouses must sign the required Form 8453.

It is extremely important that each person use the correct Social Security Number. The most accurate information is usually located on your original social security card. Each year hundreds of thousands of returns are delayed in processing or credit/deductions are disallowed because names and SSNs do not match Social Security Administration records.

The Columbus Volunteer Income Tax Assistance Center is proud to announce it’s official opening Monday. Office Hours are Mondays, Tuesdays, Thursdays and Fridays from 9 a.m. to 6 p.m.; Wednesdays from 9 a.m. to 8 p.m.; and Saturdays from 9 a.m. to 1 p.m. Please contact the office at Ext. 7613 for an appointment or e-mail at [Appointments@ColumbusVITA.com](mailto:Appointments@ColumbusVITA.com). Walk-in and drop off returns are always accepted. Please check out our website at [www.ColumbusVITA.com](http://www.ColumbusVITA.com).



**Sherri McCrary**  
14th Mission Support Group



The 14th Flying Training Wing congratulates Ms. McCrary for her comprehensive statistical evaluations that have kept management abreast of Air Education and Training Command and Division benchmarks.

### 14TH FLYING TRAINING WING DEPLOYED

As of press time, 61 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



## Congrats reenlistees

The 14th Flying Training Wing congratulates the most recent Air Force reenlistees:

**Staff Sgt. Jeremy Gullede**  
14th Security Forces Squadron  
**and**  
**Staff Sgt. Charles Hammond**  
14th Operations Support Squadron



The sooner you  
begin planning  
your future...





...the brighter it becomes

What is AFROTC?

AFROTC is a 2- to 4-year program that produces officers to serve on active duty in the Air Force for a 4-year commitment

Who can join?

- Students who:
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  - \* Are in good physical shape
  - \* Are U.S. citizens
  - \* Have high moral values

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- \* 30 days vacation each year
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What scholarships are available?

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- \* College Scholarship Program: High school seniors only

To learn more, visit [www.afrotc.com](http://www.afrotc.com)

For more information, contact Mississippi State University Detachment 425 at (662) 325-3810 or logon to [www.msstate.edu/dept/afrotc/](http://www.msstate.edu/dept/afrotc/)

Following rules, staying safe during the New Year

Maj. David Easterling  
14th Flying Training Wing

Happy New Year BLAZE TEAM! This traditional wish for a new year is little more than rhetoric, unless we put some action behind the sentiment.

One way for us to keep this New Year a happy one is to strive to be safe. There's nothing sadder than looking back and knowing that you knew what to do and didn't do it. So, I'd like to remind you of a few ways we can keep this New Year mishap free.

None of these ideas are new, and they are surprisingly simple and proven to work: follow the rules, be a good wingman and be prepared.

The best way to stay safe is to follow the

rules. They were made for a reason.

Most were written in blood — someone died or was seriously injured, so a rule was made to keep others from the same demise. Some of the more obvious rules are don't drink and drive, don't exceed the speed limits, don't forget to use your seat belt or helmet, and don't disregard flying restrictions and regulation compliance.

Generally, if you follow these rules, you'll stay safe. So, make the smart decision and follow the rules!



Wingmen play a crucial role in safety.

A good wingman does not allow friends or teammates to act disorderly, drive while intoxicated or make any other poor decisions. A good wingman should take this role a step beyond — get involved.

Before going out for a night on the town, develop a plan. Who will drive? What vehicle will you take? Where will you

rejoin if split up? If the designated driver cannot be found, what will you do?

Furthermore, even when you follow the rules and you are a good wingman, you

must be prepared for the unexpected.

Stay alert — be prepared for the vehicle that pulls out in front of you or the drunk driver that swerves into your lane.

Stay current on your self-aid and buddy-care training. You never know when you may need those skills to save someone else's life.

Pilots, stay proficient in your flying skills. Get the continuation training sorties that you need, not just the ones that are required. Be prepared to handle that "one chance in a million" emergency procedure. Remember, the best laid plans can and probably will unravel — be prepared for surprises!

Finally, after you follow all the rules, be a good wingman and stay prepare. Have a happy and safe new year!

Force shaping, a lieutenant's morale

1st Lt. Kristen D. Duncan  
96th Air Base Wing Public Affairs

EGLIN AFB, Fla., — Balance the officer and enlisted corps. That is the current need of the Air Force. As a officer and a second generation Airman, I've been told from day one, the "needs of the Air Force" come first.

What happens when those needs mean the loss of my job — and not just my job, but a career of integrity, service and excellence? I vowed to protect the Constitution. To continue what my father and the greatest generation did in World War II. I am truly a patriot. I am an Airman.

With force shaping, Air Force leadership is undertaking the very difficult task of reducing its forces. Brig. Gen. Kathleen Close, the Air Force Material Command director of installations and mission support, said the leadership knows they could be losing a future commander or a future general. But the Air Force can no longer support the imbalance of officers to enlisted troops.

To support the mission, the service has to reduce its 2002 and 2003 lieutenants through volunteer or forced separations.

That equals more than 4,000 young, promising lieutenants. One thing is certain; the caliber of our lieutenants is unparalleled. The question is what does this do to our morale?

Working on various projects, I have to wonder, will any of this mean anything if I'm forceshaped? Will I still be able to lead my troops? Is my morale going to take a nose dive? What if I work harder than I've ever worked to impress the heck out of every commander I've ever met? How do I keep focused on my job and my mission?

The answer is really quite simple. We should all work harder, not to impress for fear of losing our jobs, but because we are all officers who strive for excellence. We should continue to accomplish our jobs with the same unfailing performance and the same can-do attitude we've always had.

We should continue to work hard for our shops, our troops, our families, our nation and ourselves.

In one of the hardest hit career fields, I've examined all my options and have come up with a few ideas: navigator training, Palace Chase and even switching services.

Thankfully, the Air Force is giving us options. I've come to realize, though, that serving my country means serving its needs. The needs of the Air Force must always come first.

I hope to make a career of the "blue." But even if my active-duty career is cut short, it is for the mission of the Air Force and the U.S. military that I will serve and honorably discharge.


It could be my last act on active-duty. But I am, and will always be, an Airman.

Straight Talk Line


*The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential.*

*Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724.*

*People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at [www.columbus.af.mil](http://www.columbus.af.mil). Questions and answers will be edited for brevity.*



**WHO'S YOUR WINGMAN?**  
**THERE ARE SOME THINGS IN LIFE THAT JUST WEREN'T MEANT TO BE HANDLED ALONE ...**  
**IF YOU NEED A WINGMAN THE BASE CHAPLAIN, THE LIFE SKILLS COUNSELORS, AND THE PEOPLE AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.**  
**ONE SUICIDE IS ONE TOO MANY**



**Precious metals** The Department of Defense needs your assistance in reducing operating costs. One way is to check all expendable items for Precious Metals before throwing them away. Please check with your unit Precious Metals Recovery Program monitor or call the base PMRP manager David Gaddy at Ext. 7167 or Gus Cunningham at Ext. 7170 .



# Extraordinary care packed in ordinary tents

**Army Sgt. Dallas Walker**  
101st Airborne Division

**BALAD AB, Iraq** — In a sea of tents and trailers on Balad Air Base in northern Iraq, shrapnel is being surgically removed from a limb, medics are racing to stop someone from bleeding to death and another life is being saved from wounds inflicted on the battlefield.

It is that sea of tents which houses the Air Force theater hospital, where servicemembers and civilians get the most advanced medical care possible in a combat zone.

Run by the 332nd Expeditionary Medical Group, the hospital offers trauma and specialized medical care for people throughout Iraq and serves as the theater aeromedical evacuation support hub.

“If you arrive here alive, you have about a 96 percent chance of leaving here alive,” said Col. (Dr.) Elisha Powell, 332nd EMDG commander.

The availability of specialized care at the hospital is like nothing seen in a combat zone in the past, making it easier to save lives, Dr. Powell said.

“What makes this hospital so successful in Iraq is that we push technology so far forward,” he said. “We’ve never pushed specialties this far onto the battlefield before.”

The hospital boasts a staff of surgeons who specialize in procedures on the brain, heart, bones and soft tissue. It has six operating rooms and nearly everything a standard hospital has, from a pharmacy and x-ray lab to a nutritionist — all in the heart of a combat zone.

## First line care

“Medics and what they do, basic and advanced first aid, is where life saving begins,” Dr. Powell said.

The survival of a combat casualty depends largely on the first echelon of medical care. The most important aspect is stopping the bleeding.

“The number one cause of preventable death in Iraq is exsanguination — bleeding out,” Dr. Powell said. “If Soldiers don’t stop the bleeding and use the tourniquets put in their first aid kit, then (the casualty) probably won’t make it to us.”

## Dust off — Arriving at the hospital

The sound of medevac pilots calling in their status echoes as Army and Air Force medics in the patient administration office of the hospital prepare for their landing — the crucial first minutes of a casualty’s arrival at the hospital. Most of the casualties treated at the hospital are brought in on a medevac flight.

“I give all the credit in the world to the flight medics,” said Staff Sgt. Jalkennen Joseph, an emergency room medic. “I’ve never seen anyone perform their job above and beyond like they do. They do things you only see in movies or read about in books. They do it on a daily basis and they do it well.”

The medevac crews try to get casualties to the hospital within the “golden hour” — the first 60 minutes after injury.

“Getting patients here quickly, keeping them warm and stopping the bleeding are key to life saving in trauma,” Dr. Powell said.

Within minutes of landing on the hospital helipad, the



U.S. Army photo by Sgt. Dallas Walker

**Airmen and Army Soldiers unload a patient from a helicopter at the Air Force theater hospital at Balad AB, Iraq. Servicemembers who are wounded in Iraq and need to be medically evacuated come to this hospital.**

medevac crew and hospital staff take the casualty to the emergency room.

## The ER

“This is (the casualty’s) first stop in the hospital,” Sergeant Joseph said. “Our job is to stabilize the patient. We check the ABCs. We check their airway, we check to see if they are bleeding and we check their circulation.”

Doctors assess the casualty in the emergency room to determine the appropriate course of action, Sergeant Joseph said.

## Next stop ...

The hospital staff prides themselves on rapid care — stabilizing patients and getting them out of the hospital.

“If a patient requires surgery to survive, it will be done here,” Sergeant Joseph said. “Most of the patients we care for don’t even know they were here. Most of them are severely injured and unconscious. We stabilize them and send them to (Landstuhl Regional Medical Center in) Germany as quickly as possible.”

Patients stay at the theater hospital the shortest amount of time possible, Dr. Powell said. The goal is to perform whatever measures are necessary to save their lives and send them to a facility geared toward long-term care.

## The patient

The hospital provides care and treatment to anyone wounded in combat. More U.S. Army Soldiers are treated than anyone else and coalition forces make up 60 percent of the patient load.

The remaining 40 percent of patients seen at the hos-

pital are Iraqi citizens, terrorists and detainees injured in combat.

“We give (Iraqis) the same medical care as anyone else,” Dr. Powell said. “We’re not military police, we’re not (military intelligence), we are medics. Detainees get the same healthcare as the Soldiers, as the Iraqi Police, as the Iraqi Army. Our job is to provide the highest standard of medical care.”

## The team

The hospital has a mostly Air Force staff, with support teams from the U.S. Army and Navy as well as the Australian army, navy and air force. There are more than 250 medics assigned to the theater hospital.

“We have all really clicked working together,” Sergeant Joseph said. “We run this place smoothly, doing the same mission. We live by the hospital motto ‘One team. One mission.’”

A majority of the Airmen assigned to the theater hospital, including Dr. Powell and Sergeant Joseph, come from Wilford Hall Medical Center in San Antonio — one of only two military hospitals that treat civilian trauma patients.

“People here are selfless and go out and do their job,” Sergeant Joseph said. “Most of the people we treat got injured serving their country.”

In the sea of tents, another life is being saved by a hard-working medic or an experienced surgeon with the best combat medical care available in Iraq.

“It’s an honor to be able to care for the wounded out here,” Sergeant Joseph said. “It’s a lifetime experience. I can’t stress enough; it’s what we are proud and happy to do.”

**“C2” night:** The Columbus Club offers this new “members only” night from 8 p.m. to 11 p.m. tonight. There will be free hors d’oeuvres, drink specials and a DJ playing music requests. Hors d’oeuvres include wings, meatballs, chicken fingers, pigs in a blanket, finger sandwiches, veggie tray, a cheese tray and more. Call Ext. 2490.

**Football Frenzy:** The club invites all football fans to the enlisted lounge watch the wild card weekend games Sunday at 1 p.m. and 4:30 p.m. with door prizes, game day snacks and a chance to win a recliner from No Place Like Home. The divisional playoffs are Jan. 15 and a Super Bowl party will be held Feb. 5. Two club members will walk away from the Super Bowl party with a voucher for \$275 in National Football League merchandise from www.nfl.com. Call Ext. 2490 for more information.

**Elvis night:** The bowling center is celebrating Elvis Presley’s birthday at 5 p.m. Sunday with 50-cents-a-game bowling and free cake (while it lasts).

The bowling center also offers a no-tap tournament at 7 p.m. Jan. 20 with prizes for the best Elvis costume and best Elvis impersonation. Entry is \$10 per person and includes bowling and prize fund. Register by 6:30 p.m. Jan. 20. Call Ext. 2426.

**Sports family fun night:** Bring the family for a night filled with fun, food and activities from 5:30 to 8 p.m. Thursday at the Columbus Club. Children can come dressed as their favorite athlete or in their own sports uniform and will receive a door prize.

The menu includes salad, slow roasted turkey breast, sliced baked ham smothered in raisin sauce, sweet creamed corn, hand whipped buttered mashed potatoes, stuffing, vegetable medley, rolls and assorted cakes and pies. Cost is \$6.95 for adult mem-

bers and \$9.95 for nonmembers. A children’s buffet is available at \$3.95 for members and \$5.95 for nonmembers. Ages 5 and younger are free.

**Home decor class:** The arts and crafts center offers a class at 10:30 a.m. and 6 p.m. Thursday to make a rolled arm chair. Cost is \$40, fabric not included. Register by 4 p.m. Monday at the arts and crafts center. Call Ext. 7836 for more information.

**Crafts classes:** The arts and crafts center’s upcoming crafts classes feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a winter block shelf, a best friends door hanging, a chilly charmer snowman for windowsills and a cloth covered heart box.

The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include a block snowman, a door hanging and

an ivy bowl snowman.

A display of all projects is available in the arts and crafts lobby. Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

**Gatlinburg ski trip:** The information, ticket and travel office offers a trip to Gatlinburg, Tenn., for skiing Jan. 14 to Jan. 16. Cost is \$215 and includes transportation, lift tickets for one night ski and one day ski, instructions, all equipment rentals, two nights chalet lodging and three meals. Reduced prices are available for those with their own equipment. Call Ext. 7861.

**Casino dinner trip:** The information, ticket and travel office offers a trip for 10 or more people to the Silver Star Casino in Philadelphia, Miss. Cost is \$17 for club members, \$20 for nonmembers and includes transportation, \$10 in coins and a \$7 food voucher or \$17 in coins. Call Ext. 7861.

**Give parents a break:** The youth center and child development center offer this program from 9 a.m. to 3 p.m. Jan. 21. All parents who are interested may check with the Family Support Center to see if they qualify for free child care. Register by Jan. 18 at the FSC. Call the youth center at Ext. 2504 or the child development center at Ext. 2441.

**Tops In Blue:** The premiere Air Force entertainment showcase of the United States Air Force will perform on Jan. 31 in the Mississippi University for Women’s Rent Auditorium. This year’s edition of Tops In Blue entitled “...And The Beat Goes On” is an intricate mixture of music, energetic beats and the sounds of the 1940s to the music of today.

Through the use of technology, Tops In Blue will present a performance showcasing hits with their own special spin. For more information, call Ext. 2504.

**Bowling birthday party package:** The bowling center offers birthday party packages for Saturdays and Sundays with a reserved seating area, a pitcher of soda for every four children, one 8-inch pizza for every two children, plates, utensils, napkins, an hour of bowling with six children per lane and free shoe rental. Cost is \$10 per child. Call Ext. 2426 for reservations.

**Auto hobby shop special:** The auto hobby shop offers oil change and tire rotations for \$25. Tire balancing may be added for an additional \$15. This special ends Jan. 31. Call Ext. 7842 for an appointment.

**Story time readers needed:** The base library needs readers for this 30-minute program every Wednesday at 10 a.m. If you would like to read to children call the library at Ext. 2934.

**Boss and buddy night:** The Columbus Club offers an all-ranks boss and buddy night from 4 p.m. to 8 p.m. Thursdays in the Landing Lounge. A free taco bar is available for club members and nonmembers pay \$2.95.

Wings are 25 cents each for club members and 50-cents for nonmembers from 4 p.m. to 7 p.m. Beverage specials are also available. Call Ext. 2490.

**Services complex fees:** The Services complex will be available for non-official functions for a fee of \$35. This fee is to offset the cost of setting up and cleaning the facility after each use.

The Services complex will still be available at no charge for official functions such as commander’s calls, promotion ceremonies and official briefings. Examples of non-official functions are birthday parties, wedding receptions and potluck luncheons.

To reserve the Services complex for official and non-official functions, stop by the youth center to complete a reservation form. Call Ext. 2504.

## This won’t hurt a bit...

**Dr. Harry Klauser gives dog Halo a vaccination while owner Melissa Carey comforts her. The vet clinic is open every second and fourth Wednesday from noon to 5 p.m. and every first and third Wednesday from 9 a.m. to 4 p.m. Call Ext. 2281 for information or an appointment.**

Pam Wickham



Chapel Schedule

Catholic

Sunday:  
9:15 a.m. — Mass  
10:30 a.m. — CCD  
5 p.m. — Confessions  
5:30 p.m. — SUPT Mass  
Tuesday:  
7 p.m. — RCIA

Protestant

Sunday:  
9 a.m. — Adult and children’s  
Sunday School  
10:30 a.m. — Contemporary service at the  
services complex  
10:45 a.m. — Traditional worship  
service at the chapel sanctuary  
Monday:  
7 p.m. — Bible study fellowship  
Wednesday:  
9:30 a.m. — Ladies Bible study  
11:30 a.m. — Lunchtime study  
5 p.m. — Pot luck supper  
6 p.m. — Video study  
A Case for Kids  
Pioneer Clubs  
Thursday:  
10 a.m. — Ladies Bible Study  
For information, call Ext. 2500.

Family Support Center

**(Editor’s note:** *All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)*

WIC

Representatives from Women, Infants & Children visit Columbus AFB twice a month. Active-duty military personnel and family members who are pregnant or have children younger than 5 years old can make appointments to meet with a WIC representative on base to determine eligibility and/or receive vouchers for food supplements. Eligibility is based on income and number of family members. To make an appointment, call Ext. 2790.

GovernmentApplications

An employment workshop on federal, state, local government applications, and small business will be held at the Phillips Auditorium at 2:50 p.m. Jan. 12.

Government applications

A workshop on federal employment and the Small Business Administration is from 3:15 to 3:45 p.m. Jan 12.

TAP workshop

A transition assistance workshop will be held for personnel within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. Tuesday through Thursdayat the Phillips Auditorium .

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. Jan. 31. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Air Force Aid Society

The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, car repairs and emergency travel. For more information, call the family support center.

AFAS Grant

The Air Force Aid Society just increased the individual award amount under its General Henry H. Arnold Education Grant Program to \$2,000! The program continues to be offered to dependent sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with more than 20 qualifying years of service, and deceased Air Force members. Stateside residing spouses of active duty and Title 10 AGR/Reservists on extended active duty; and surviving spouses of deceased members are also eligible candidates. For more information or an application, visit the Air Force Aid Society's web site at [www.afas.org](http://www.afas.org).

Base Notes

Student spouse social

Student spouses — past, present and future — are invited to a Brunch and Recipe Swap at 7201A, Atlanta Dr. at 10 a.m. Jan. 17. Traditional brunch food will be provided and guests may bring their favorite breakfast recipe for attendees to sample and swap. Children of the student spouses are welcome. Arts and crafts will be provided.

All interested spouses must RSVP by Jan. 13. For more information or questions, and to RSVP, e-mail Allison Adair at [allison\\_adair@yahoo.com](mailto:allison_adair@yahoo.com) or call her at 434-8714.

COSC Scholarship

The Columbus Officers’ Spouses’ Club is offering scholarships to graduating high school seniors and continuing education students. Each applicant must be a dependent of either an active duty, retired, MIA, active duty reservist, or deceased military member associated with Columbus AFB. Application deadline is Jan. 30th. Applications can be obtained at the Base Education Center, Family Support Center, high school guidance office or by calling Tanya Marrazzo at 352-6574.

Yard inspections

As a reminder, on random Wednesdays of each month, squadron and group commanders conduct yard inspections. There are at least two inspections every month, so residents are encouraged to have yards in inspection order every Wednesday at 7:30 a.m. The family housing brochure, Columbus AFB Pamphlet 32-6002, includes the inspection standards and is available at the housing office. For more information,

call the office at Ext. 7276.

Trash cans

Trash pick-up is on Mondays for Capitol Housing residents and on Thursdays for Magnolia and State Village residents. Residents with trash or recycling receptacles left curb-side later than noon the following day will be ticketed by the housing office.

Speed dial saves lives

BLAZE TEAM members can reach 14th Flying Training Wing emergency responders by dialing 9-1-1 from any base phone, including those in military family housing. However, 9-1-1 calls from cellular phones will connect to off-base operators. To access wing emergency services from a cell phone, dial 434-8881 or 434-8882. People are encouraged to program this number into their cell phones for ready access.

MPF hours of operation

The military personnel flight is closed every Thursday from noon to 4:30 p.m. Hours of operation are from 8:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 8:30 a.m. to noon Thursday.

Little Pioneers



The Pioneer Clubs' Scooter class, with students ages 4 to 6, participate in an activity with their teacher, Melissa Diaz, during a class Wednesday night at the base chapel. Classes are open to ages 3 to 14 every Wednesday at 6 p.m. at the chapel. Parents may sign their child up for Pioneer Clubs by fill-

**Winter and Spring movies:** The Arts Council's Winter and Spring Movie Series will open in Tuscaloosa at the historic Bama Theatre with “Junebug,” today through Thursday. Showtimes are weeknights and Saturdays at 7:30 p.m. and Sundays at 2:00 p.m. General admission is \$6, \$5 for seniors and children and \$4 for Arts Council members. Call 758-5195 or visit [www.tuscarts.org](http://www.tuscarts.org) for a complete schedule and synopsis of films.

**Academic Breakfast:** Hunt Intermediate will hold an academic breakfast in the school’s gymnasium at 8 a.m. Thursday. For more information call 241-7160.

**2nd annual Brunswick Stew fundraiser:** This fundraiser will be held at Propst Park from 11 a.m. to 2 p.m. Jan. 14. The menu includes Brunswick stew at \$7 per quart, pulled pork at \$7 per pound, and stew plates and pork plates at \$7 per plate. Orders must be in no later than Tuesday. Checks or money orders may be turned in to Etha Brooks in the Wing Headquarters building or mailed to the Contact Helpline at P.O. Box

1304, Columbus, Miss., 39703. For more information contact Ms. Brooks at Ext. 7030.

**Concert:** The Mississippi Symphony will have a concert at Mississippi University for Women at 7 p.m. Jan. 28.

**Spirit of Women Getaway:** The North Mississippi Medical Center's Second Annual Spirit of Women Getaway is at the BancorpSouth Center in Tupeolo, Miss., from 8 a.m. to 5 p.m. Jan. 28. Activities include a cooking demonstration by Southern Living, as well as health education, speciality shopping, free manicures, a fashion show, massages and makeovers. For more information, call (662) 377-4099 or (800) 843-3375.

**Science Fair:** Hunt Intermediate School’s science fair will be held on Jan. 31 in the school’s gymnasium.Call 241-7160.

**Daily historic home tours:** The public is invited to drop by or call the Mississippi Welcome Center or Columbus Historic Foundation for schedules of historic

homes open for tours. For admission or more information, call (800) 920-3533.

**Community Volunteer Center:** People in search of volunteer opportunities can contact the Community Volunteer Center at 327-0807, or visit the office at 501 Seventh St. North, Suite 4, in the Plaza Building.

**Computer classes:** Lowndes County School District offers free computer classes to adults of all ages, after-school tutoring and drug awareness workshops. For more information, call 329-7509.

**Exchange Club:** The Exchange Club of Columbus meets at noon Thursdays at the Columbus Country Club. The organization is a community service group dedicated to programs and projects that aid in the prevention of child abuse. For more information, e-mail [exchangeclubofcolumbusms@yahoo.com](mailto:exchangeclubofcolumbusms@yahoo.com)

**For more event listings, visit [www.columbusms.org](http://www.columbusms.org), or [www.tupelo.net](http://www.tupelo.net).**

Bargain Line advertisement



The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees. Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue. Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads. Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement _____					
_____					
_____					
_____					
Name _____					
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# Bodybuilder, powerlifter weighs into the competition

Senior Airman Kerry Solan-Johnson  
435th Air Base Wing

RAMSTEIN AB, Germany — When 5-year-old Troy Saunders saw Tom Platz — the man known most for his sculpted legs in the bodybuilding world — his mind was made up.

“It made me want to have muscles like that,” said Master Sgt. Troy Saunders a transportation specialist with the 435th Materiel Maintenance Squadron. “From then on, I ran, jumped and did pushups — anything to get in shape.”

More than 30 years after seeing Mr. Platz, Sergeant Saunders has lifted and sculpted his way to countless titles in bodybuilding and the 220-pound class in power lifting. He earned his most recent titles in Europe.

“During the last eight weeks I have participated in seven bodybuilding championships in Germany and Switzerland,” Sergeant Saunders said. “The highlight was winning my class and the overall title at the 2005 German bodybuilding championships.”

Sergeant Saunders’ success lays in his dedication to his sport. He does heavy lifting — squats, bench presses and dead lifts — 90 minutes a day, three times a week to maintain body mass. He does cardio workouts six hours a week.

His exercises and times vary according to



Christine June

Master Sgt. Troy Saunders does a front-bicep pose during the 60-second pose-off at bodybuilding competition here. Sergeant Saunders recently took home the overall title at the 2005 German bodybuilding championships.

the competition for which he is gearing up.

“There are distinctly different goals when I’m competing for bodybuilding as opposed to powerlifting,” Sergeant Saunders said.

Bodybuilding judges look at the appear-

ance of overall muscle mass, for a minimal amount of body fat — the less fat, the more muscularity, the more “ripped look,” Sergeant Saunders said.

Powerlifting’s merit is solely in the

amount of weight lifted.

Sergeant Saunders’ muscles mass earned him the German title, despite giving up 40 pounds to the majority of his competitors.

“I was the most conditioned athlete,” the sergeant from Kingsley, Iowa, said. “That was really my strong point going into the competition.”

The German win qualified Sergeant Saunders to compete for Mr. Universe. But that was a competition he passed up to compete in the World Championships.

“The World Championships and Mr. Universe fell on the same weekend. I opted for the World Championships because I knew it would be a challenge,” Sergeant Saunders said.

In 2005, Sergeant Saunders earned more than 10 titles, including a win in the 220-pound class at the U.S. Forces European Championships.

He also earned the 220-pound class and the outstanding lifter award at the 2005 U.S.A. Military National Powerlifting Championships.

The titles don’t bring Sergeant Saunders to the resolve that he’s reached his peak, but serve to push him forward in his bodybuilding and powerlifting endeavors.

“I’ve been asking myself: Do I need to keep doing this. This makes me want to strive a little longer — being almost 40 doesn’t seem to be a roadblock at all,” he said. *(Courtesy of U.S. Air Forces in Europe News Service)*

## Ole Miss vs. Mississippi State

The commander of Detachment 430 for Ole Miss Air Force ROTC and Rebel Sports Marketing invite all Columbus AFB active duty personnel and their families to attend the televised Ole Mississippi versus Mississippi State ladies' basketball game at 2 p.m. Sunday.

Highlights of the game will include a color guard from Columbus AFB and a special halftime ceremony where a detachment flown flag will be presented to the men and women of Columbus AFB by the Detachment Cadre.

There is no entry fee to the game as long as military IDs are shown at entry; however, the marketing office will need all military members to enter at one time.

Anyone interested should RSVP with Master Sgt. Shelli Fisher by e-mailing her at [shelli.fisher@columbus.af.mil](mailto:shelli.fisher@columbus.af.mil) or calling Ext. 7004.

## Shorts

### Fitness instructors needed

The fitness center is currently in need of nationally certified instructors to teach and substitute for group fitness classes. Interested parties may apply at the fitness center with copies of current certifications, including cardiopulmonary resuscitation and first aid. Call Ext. 2772.

### CLRA baseball & softball

The Columbus-Lowndes Recreation Authority is conducting baseball and softball registration now through Feb. 25. The registration fee is \$50. For more information, call Roger Short at 327-4935 or visit [www.clra.net](http://www.clra.net).

### Bowling center upgrade

All BLAZE TEAM members are invited to visit the bowling center, which now features the Cubica computerized scoring system, new screens and new scorepads. For more information, call Ext. 2426.

### Intramural basketball

The base intramural basketball games will resume Tuesday at 6 p.m. at the fitness center. For more information, call Ext. 2773.